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## Wellesley Townsman blog

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### Are you a survivor?

Posted on June 30, 2008 by [Elana Zak](#)

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There's an epidemic in Wellesley. A fitness boot camp epidemic that is. Coming to you in this week's [Townsman](#) is a story about a local Adventure Boot Camp. Imagine my surprise when I heard about *another* exercise boot camp that's coming to Wellesley! Beacon Hill Athletic Club is sponsoring "Survive," a six-week, intense boot camp.

You might be thinking oh, ha ha, another boot camp. Welp, I have news for ya. This one *really* is a boot camp. The instructors include Sgt. Chris Sullivan, a former Iraqi freedom vet, and Lee Kennon, a former Marine. Workouts are inspired by the Military and include things such as sand-bagging with running and strength training, circuit drills and the usual squats and push-ups.

Starting July 8, Survive will take place at the BHAC's in Wellesley and Brighton. My editor suggested I do a first-person story on the boot camp. While I am grossly out of shape, I just might take her up on the offer to see what this boot camp craze is all about. I'll keep you updated.